

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 29, No. 2

February 2024



2717 - 67th Street
Kenosha, WI 53143
Phone: 262-359-6260

Senior Center Hours

Monday-Friday 8:30am-3:45pm

Visit us on the web at:

www.kusd.edu/seniorcenter

"Like" us on Facebook at:

www.facebook.com/kenoshasenior

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Senior Dining 262-351-6246

BOARD OF DIRECTORS

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From the Director....

Dear Friends,

Happy February! I was wondering why it sometimes takes a "Hallmark Holiday" (sending cards) to remind us to express our love for one another? Why can't our thoughts, words, and deeds demonstrate to others their importance to us all year long? Cards and letters can go a long way in saying how much we care for those who live too far away for regular visits. However, when it comes right down to it, the greatest gift we have to give those we love is our time and attention and neither of those things require a stamp. So, remember family and friends this month with a visit or phone call. Re-connect with friends at the Senior Center, meet a friend for coffee or go ahead and send that card to show someone how you feel. They will appreciate it!

Remember two special events this month: Donut Day on February 14th and the Valentine's Day Dance on Friday, February 16th.

See you at the Center!

Sincerely,

Denise



Happy Valentine's Day



BUS TRIPS

New Trip

FIDDLER ON THE ROOF

Date: Friday, April 12, 2024

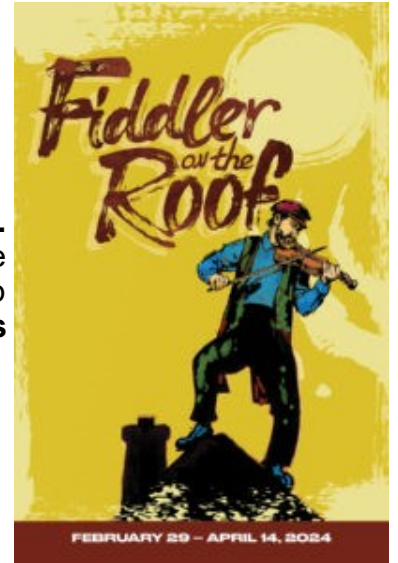
Destination: Fireside Theatre, Fort Atkinson, WI

Prices: Members: \$110.00; Non-members: \$115.00

Tickets go on sale to members on Tuesday, February 13, 2024.

Numbers will be handed out at 8:30 am and sign up begins at 8:40. You are allowed to sign up for two members only. You must show both membership cards when you purchase your tickets. **Tickets go on sale to non-members on Wednesday, February 14, 2024**

Trip Description: *"A fiddler on the roof, sounds crazy, no?"* Yet millions of people every year fall in love with Tevye, the long-suffering dairyman who struggles to find a balance between his traditions and his family. Now celebrating 60 years, as is The Fireside, we are proud to present a brand new revival of one of the most popular shows in our history. The show's universal theme touches everyone, leaving audiences crying tears of both joy and sadness. Including such iconic songs as "Sunrise, Sunset," "If I Were a Rich Man" and "Matchmaker, Matchmaker," FIDDLER ON THE ROOF is the perfect mix of audience-pleasing humor and heart.



Entrées: Chicken Cordon Bleu: skinless breast of chicken dipped in buttermilk and egg, stuffed with an herbed cream cheese with Dijon mustard, Jones cherry wood smoked Canadian bacon, and Jarlsberg Swiss cheese; rolled in breadcrumbs and sautéed to a golden brown. Served with Dijon mustard cream sauce. OR Sliced Roast Beef Tenderloin: Chef carved medallions of roast beef tenderloin served with a red wine sauce. OR Baked Almond Crusted Cod: Two tender Atlantic Cod fillets coated with Dijon mustard and crusted with toasted almonds, Japanese breadcrumbs, and fresh herbs. Baked to crunchy perfection and served with our decadent tarragon sauce. All meals include freshly baked breads, Tomato Bisque, topped with crisp cheese croutons, cauliflower mashed "potatoes" and roasted Brussel sprouts and Oreo Delight for dessert: crushed Oreo cookies in home-made vanilla frozen custard with a layer of Fudge in an Oreo Crust. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. Please let us know when you purchase your ticket if you will need a gluten-free or a vegetarian option.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:30am to load the bus. Use the 60th Street entrance.

The bus will depart at 8:45am and return around 6:00pm.

Kenosha Senior Center Trip and Events Policy: We understand that plans can change and you may not be able to attend a trip or event for which you have purchased a ticket, but we cannot issue refunds unless there is a waiting list and we are able to replace you with someone on that list. The reason for this is we do not keep the money you give us for a trip. It goes directly to the venue to pay for the event and the venues do not issue refunds. If you cannot attend a trip call us at 359-6260 and speak with a staff person. We will instruct you what to do, and we will do our best to find a replacement. If we are successful, you will be notified to come and pick up your refund.



BUS TRIPS

February Trip

JERSEY BOYS

Date: Thursday, February 15, 2024

Destination: Fireside Theatre, Fort Atkinson, WI

Prices: Members: \$110.00; Non-members: \$115.00

Wait List

Trip Description: With phenomenal music, memorable characters, and great storytelling, JERSEY BOYS follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of the Tony Award for Best Musical, JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," and "My Eyes Adored You," which took The Four Seasons to the Rock 'n' Roll Hall of Fame (Contains explicit adult language. Not recommended for children).



Entrées: Creole Chicken: skinless breast stuffed with andouille sausage, onions, celery, bell peppers and a blend of cheeses, served with a smoked paprika tomato sauce. OR Seared Pork Ribeye: boneless pork chop seasoned and seared until perfectly tender and finished with a rich pork demi-glaze. OR Fresh Salmon: steamed fillet of Atlantic salmon served with lemon and Béarnaise Sauce. All meals include bread, baked potato soup, Charleston rice with Jones sausage, creamed sweet corn and New York cheesecake for dessert. Complimentary coffee, tea and milk. Cash bar for cocktails and soft drinks. Please let us know when you purchase your ticket if you will need a gluten-free or a vegetarian option.

On the day of the trip arrive at the Southwest side of the Indian Trail parking lot, 6800 - 60th Street in Kenosha, by 8:30am to load the bus. Use the 60th Street entrance.
The bus will depart at 8:45am and return around 6:00pm.

Friendships come and Friendships go,
Like waves upon the sand.
Like day and night,
Like birds in flight,
Like snowflakes when they land.
But you and I are something else,
Our friendship's here to stay.
Like weeds and rocks and dirty socks,
It never goes away!

Anonymous





9:30am-10:30am
FREE
Coffee and Donuts

Wednesday, February 7, 2024
Sponsored by Parkside Manor

Wednesday, February 14, 2024
Sponsored by Kenosha Senior Living and
Northpoint Senior Living

Wednesday, February 21, 2024
Sponsored by St. Catherine's Commons

Blood Pressures and Bone Density Test Thursday, February 15, 2024 8:30am-11am

Take advantage of monthly health screenings,
offered right here at the Senior Center

Interested in a Bone Density Screening?

Register for a 15 minute appointment at the front
desk or call 262-359-6260.

Interested in a Blood Pressure Screening?

No need to register. Just stop in that morning.

Presented by Aurora Health Care

FREE BINGO



Tuesday, February 27, 2024 at 1pm
For Senior Center Members

- **Register** by Noon, on the Thursday before BINGO. Call 262-359-6260 to register.
- **CARDS:** When you come to the Center, you will get a card.

Sponsored by
Oasis Senior Advisors

Mahjong Lessons For Beginners Tuesdays 9:00am—10:30am



Slower paced Mahjong lessons for beginners.
Each week will be a different lesson. Watch a
short YouTube video and have practice time.

Call 262-359-6260 to Sign Up.

TOPS WI 1593

Take Pounds off Sensibly
Thursdays at 2:30pm-3:30pm



Looking for a support system to
help you lose weight? Come to one of our TOPS
meetings and see how joining this group can help
you meet your goals! Packages start at just
\$49.00. Dues are just 50cents each week.

Contact: Mary Hotle at Maryehotle@gmail.com
or call her at 262-930-9582

Free Tax Aid AARP

Thursdays, February 1 thru April 4, 2024
9:00 am - 2:30 pm by appointment

Tax-Aide is a free program sponsored by the
IRS & AARP that provides income tax
counseling, primarily to persons with low or
moderate income, who are age 60 and over.
The Kenosha Senior Center is one of the
locations where their volunteers help people.

Two Options to Set up an Appointment

- Call (262) 671-8461 to set up your
appointment. The phone line is open from
8:30am until 3:30pm Mon. thru Fri. You will
get an answering machine. Leave a message
and someone will return your call to make
your appointment. **Important Note: It is a
Google Voice Call so it may show up as
suspected spam when your call is
returned.**
- Make your appointment online. Go to
www.aarp.org. Click on Money, then click on
Taxes and then Site Location. There will be a
choice to make an appointment at either the
Senior Center or St. Mary's Lutheran Church.

Foot Clinic



Friday, February 9, 2024 from 9-Noon

The Foot Clinic is offered by the Kenosha Visiting
Nurse Association at the Senior Center every other
month. Foot service includes a foot soak, nail care
and lotion application for \$35.00. Call the Senior
Center at 359-6260 to make an appointment. You
need to sign up by the 1st Friday of the month. You
can pre-register for future months.

Senior Dining

Fellowship, Food and Fun

Sit Down Meals Served at 11:30am

Suggested Donation is \$3.00

- 🍎 Meals include dessert and beverage
- 🍎 Open to anyone 60+ and their spouse, regardless of age
- 🍎 Menus available at the Senior Center or on-line at kafasi.org/nutrition.html
- 🍎 Great way to meet new friends



**Call 262-351-6246 to make a Reservation
by 10:30am the prior day**

In-Person Senior Dining ... More than just a meal

Find The Logo Contest



We have hidden our Kenosha Senior Center Logo somewhere in this newsletter. It is a **miniature** version of the logo. Look carefully throughout the newsletter and if you are lucky enough to find it, call the front desk at 262-359-6260 or email kstull@kUSD.edu. **You MUST put your name, phone number and where the logo was located on the email.** We will do a random drawing of all the correct entries for a prize at the end of the month. Entries must be submitted by the 20th of this month. You can participate every month.

December Winners!

Janice Jackson, Cindy Lesko, Susan Cairns

Kenosha Senior Center Orientation Wednesday, February 28, 2024 at 9:00am



Learn more about the Senior Center

- Take a tour
- Learn how to use the Kiosk to sign in.
- Find out where to park and where not to park.
- Find out how day trips work: What are this years trips? When are they sold? How much do they cost? How to sign up.
- Where to sign up for special events
- Understand the calendar and listings
- Get all your questions answered!

**Call the Senior Center at
262-359-6260 to sign up today**

Dance Group 1st and 3rd Tuesdays at Noon



Join this group if you want to meet new people, have fun, be active and DANCE! The group meets the 1st and 3d Tuesdays of the month. Learn line dances and other choreographed dances, performed as a group. The goal is to have fun and show that dancing has no age limits. No experience needed. Everyone is Welcome!



NEW Drop In Craft Day

Wednesdays 9am-Noon

Make Crafts. Meet Friends. Have Fun.

This group meets Wednesday mornings to socialize and make crafts. The activity is FREE. There is no lesson. Bring your own project to work on or stop in and be inspired by other crafters. Some projects the crafters are working on include wood burning, card making, barn quilts, diamond art and more. Spark your imagination and check out this new activity!



Senior Center Closed!

Tuesday, February 20, 2024

The Kenosha Senior Center
Will Be Closed For Elections

Class Updates

- The Forever Young Chorus will be off in February
- Total Body Conditioning will not meet February 8 and 15
- Chair Yoga will not meet Feb. 5 and 12
- Wii Bowling will switch from Thursdays to Mondays beginning in February
- Center Closed February 20th for Elections

Bean Bagz Group Wednesdays at 1pm



Meet new people and get active. Join the Bean Bagz Group. No experience needed. This group meets in Room 121.

Valentine's Day Dance

Friday, February 16, 2024

1:30pm - 3:30pm

Music by Ernie Garner

Dances are **FREE** & Open to the Senior Public



Snacks & Door Prizes Sponsored by
Care Patrol, Hospice Alliance, Right at Home
And Bruch Funeral Home

2023 HOLIDAY PARTIES







Kenosha Senior Center Class & Activity List

Classes, activities and fees are subject to change. Call 262-359-6260 to confirm an activity

Class/Activity	Days	Times	Cost
American Issues	Wednesday and Friday	10:00am - Noon	Free
Art Class	Wednesday	9:00am - 11:00am	\$5.00 per class & your own supplies
Bagz (Bean Bag Game)	Wednesday	1:00pm	Free
Ballroom Dance	Wednesday	10:30am	Free
Bingo for Members	4th Tuesday (Check Calendar)	1:00pm	Free
Book Discussion	Monday	2:15pm	Free
Cardio Drumming	Friday	10:30am	Pre-register for each session
Chess	Tuesday	1:00pm	Free
Chorus"Forever Young Chorus"	Thursday-- resumes in March	10:30am-Noon	\$2.00 per class
Cribbage	Friday	10:15am	Free
Dances-Monthly	One Friday a Month (Sept. thru June)	1:30-3:30pm	Free
Dart Ball	Wednesday	1:00pm	Free
Dominos	Tuesday	1:00pm	Free
Drop In Craft	Wednesday	9:00am - 12:00pm	Free - Bring your own supplies
Euchre	Thursday	1:00pm	Free
Exercise Class	Monday, Wednesday & Friday	9:00am - 10:00am	\$1.00 per class
Foot Clinic	2nd Friday every other month	9-12:30pm by appt.	\$35.00
Golf Card Game	Monday	1:00pm	Free
Junk Journal Crafting	Thursday	9-Noon	Free-Bring your own supplies
Knit & Crochet	Friday	9:00am - 11:00 am	Free - Bring your own supplies
Line Dance with Norm	Monday	9:00am -10:30am	\$5.00 per class
Mahjong	Tuesday and Friday	T: 1:00 pm, F: 10:15 am	Free
Movies	One Fri. a Month & After Qrtly Mtgs.	1:00pm	Free
Ping Pong	Monday and Thursday	9:00am-Noon	Free
Pool (Billiards) - Open	Monday thru Friday	Closed during events	Free
Senior Moments Dance	1st and 3rd Tuesday	Noon	Free
Sheepshead	Tuesday and Wednesday	T:8:30am W:1:00pm	Free
Tai Chi	Tuesday	9:45am	\$3.00 per class
TOPS WI 1593	Thursday	2:30pm-3:30pm	Check with Class Instructor
Total Body Conditioning Strength Training Class	Tuesday and Thursday	T:11:00am Th:9:00am	\$2.00 per class
Trips	One or Two a Month	See Newsletter	See Newsletter
Walking Group: "Goldens on the Go"	Summer: Wednesday & Friday	8:00am & 10:00 am	Free
Wii Bowling	Thursday/Monday during taxes	12:30pm - 3:00pm	\$5.00 sign up fee
Wood Burning	Monday	9:00 - 11:00 am	Free - Bring your own supplies.
Wood Carving	Monday	9:00 - 11:00 am	Free - Bring your own supplies.
Woodturning	Monday thru Thursday	8:30-10:30am by appt.	First lesson \$20, then \$1 per class
Writing for Fun	Tuesday	10:30 - 11:30 am	Free - Bring your own supplies.
10 Yoga (Chair)	Monday	1:00pm	\$2.00 per class

Activity Calendar		KENOSHA SENIOR CENTER				February 2024	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	Senior Center Hours: Monday-Friday 8:30am-3:45pm Closed Saturday & Sunday Phone: (262) 359-6260		Pool Tables Open Mon thru Fri 8:30am-3:30pm Except during movies, meetings, dances and closures.	1 Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 1pm Euchre 2:30pm TOPS Group	2 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong	3 Center Closed	
4 Center Closed	5 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 12:30 Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	6 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 12pm Senior Dance group 1pm Dominos, Mahjong & Chess	7 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	8 Woodturning by Appt. 9-10am NO Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 1pm Euchre 2:30pm TOPS Group	9 9-10am Exercise Class 9am Foot clinic 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am NO Cardio Drum 1pm-3pm Elvis Party At CEDARHURST SENIOR LIVING 8351 Sheridan Rd, Kenosha	10 Center Closed	
11 Center Closed	12 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 12:30 Wii Bowling 1pm NO Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	13 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess 1pm Board Meeting	14 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	15 TRIP Woodturning by Appt. 9-10am NO Total Body Conditioning 9-Noon Ping Pong 9-11am Health Screens 9-12 Junk Journal Craft 1pm Euchre 2:30pm TOPS Group	16 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 1:30 pm-3:30pm Valentine Dance	17 Center Closed	
18 Center Closed	19 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 12:30 Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	20 Center Closed For Elections 	21 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9:30am Donut Day 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	22 Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 1pm Euchre 2:30pm TOPS Group	23 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong 10:30am Cardio Drum 1pm Drum Circle Party with Heather Poyner	24 Center Closed	
25 Center Closed	26 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 12:30 Wii Bowling 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	27 8:30-10:30am Woodturning by Appt. 8:30-11 Sheepshead 9:00 Mahjong Lesson 9:45am Tai Chi 10:00am Writing for Fun New Year Meeting 11-12pm Total Body Conditioning 1pm Dominos, Mahjong & Chess 1pm BINGO	28 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-12pm Drop In Craft 9-10am Exercise Class 10-Noon Am. Issues 10:30am BallroomDance 1pm Sheepshead 1pm Bean Bagz Group 1pm Dart Ball	29 Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 9-12 Junk Journal Craft 1pm Euchre 2:30pm TOPS Group			

11

February *Word Search*

E	Z	T	B	S	P	K	R	H	C	X	H	J	J	D	B	S	F	S	E
W	T	B	E	I	L	A	T	A	M	E	O	P	T	J	N	S	R	E	E
Y	A	A	S	C	E	M	N	F	E	B	R	U	A	R	Y	I	I	S	Z
D	A	C	L	Y	N	D	N	O	I	T	A	N	R	A	C	K	E	O	S
S	E	D	P	O	L	A	S	N	O	W	G	T	F	I	G	L	N	R	J
S	O	A	I	E	C	N	M	L	H	R	K	I	W	A	P	W	D	V	L
F	E	G	I	L	O	O	O	O	O	T	R	A	E	H	I	K	S	A	M
L	I	G	U	O	O	V	H	U	R	V	U	N	T	N	N	Z	H	L	L
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T	P	L	E	B	J	D	C	E	T	D	W	E	I	J	X	Z	P	N	Q
M	A	J	I	P	H	M	V	H	N	I	R	E	S	P	L	O	N	T	U
B	A	R	X	O	L	O	Z	B	E	M	I	N	E	X	S	C	S	I	A
D	D	R	G	K	L	A	J	I	E	F	G	Z	Y	T	L	S	P	N	R
S	T	D	D	Y	Q	G	C	I	T	D	E	R	I	D	H	U	E	E	I
S	A	B	M	I	N	T	C	E	R	N	U	L	I	E	I	E	T	Q	U
Y	E	O	G	I	G	Z	S	Q	U	Y	K	P	T	V	Q	P	A	P	S
S	T	V	I	G	U	R	V	P	O	J	U	S	P	O	Z	P	L	R	H
I	H	K	O	V	A	V	A	T	F	C	E	J	T	L	I	P	S	L	T
N	S	A	K	D	R	Q	A	S	W	V	E	N	U	E	I	Y	H	Q	L
D	A	R	L	I	N	G	R	Z	X	H	K	S	V	B	X	O	L	N	K

AQUARIUS
 BALLOON
 BELOVED
 BE MINE
 CANDLELIGHT
 CARNATION
 CHOCOLATE
 COZY
 CUPID
 DARLING



DOVES
 FEBRUARY
 FIREPLACE
 FOURTEENTH
 FRIENDSHIP
 GIFT
 GROUNDHOG DAY
 HEART
 HOLIDAY
 HUG



KISS
 LEAPYEAR
 LIPS
 LOVE
 LOVEBIRDS
 MARDI GRAS
 PETALS
 PINK
 PISCES
 POEM

RED
 ROMANCE
 ROSES
 SKIING
 SNOW
 SWEETHEART
 TO MY LOVE
 TULIPS
 VALENTINE
 WINTER



Sudoku Puzzle #1

Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.

SUDOKU



	5				9	1		6
			7	4				3
		3		6	1	4	8	7
	4	1	6					
6		9		7				
	3				5			
			8	9				
	7	6		1			5	

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DIFFICULTY: ★☆☆☆☆

The answer to this puzzle is on page 23



Easy Chicken Alfredo

Ingredients

- 2 boneless skinless chicken breasts
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 2 teaspoons olive oil
- 8 ounces uncooked fettuccine
- 6 tablespoons butter, cubed
- 2 cups heavy whipping cream
- 3/4 cup grated Parmesan cheese, divided
- 1/2 cup grated Romano cheese
- 1/8 teaspoon ground nutmeg
- 2 large egg yolks, lightly beaten
- Minced fresh parsley, optional



Directions

1. Sprinkle chicken with 1/4 teaspoon salt and 1/8 teaspoon pepper. In a large skillet, cook chicken in oil over medium heat until a thermometer reads 165°, 8-10 minutes, turning once. Remove and let stand at least 5 minutes. Meanwhile, cook fettuccine according to package directions.
2. In the same skillet, melt butter over medium-low heat. Stir in cream, 1/2 cup Parmesan cheese, Romano cheese, nutmeg, and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. In a small bowl, whisk egg yolks; stir in a small amount of hot cream mixture into egg yolks. Return all to the pan, stirring constantly. Cook and stir over medium-low heat until sauce has thickened slightly and a thermometer reads 160°.
3. Drain fettuccine; serve with Alfredo sauce, sliced chicken and remaining 1/4 cup Parmesan cheese. Garnish with minced fresh parsley.

Strawberry Milkshake Cookies

Ingredients

- 1 Box Strawberry Cake Mix
- 2 eggs
- 1/3 cup vegetable oil
- 1/2 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp corn starch
- 1 cup white chocolate chips more or less to taste



Directions

Preheat oven to 350 F

1. Mix eggs, vanilla and oil in a small bowl and set aside
2. In a large bowl, combine cake mix, corn starch and baking powder
3. Pour egg mixture into cake mixture and combine until there are no cake mix lumps present. Dough will begin to thicken quickly
4. Add in chocolate chips
5. Line a baking sheet with parchment paper and spray lightly with non-stick cooking spray

Bake for 10 minutes

Remove from oven and transfer to a wire rack to finish cooling

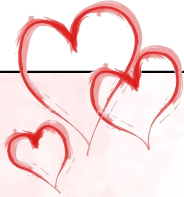


February Birthdays

Jean Anever Moran	Feb 01	Joyce Hart	Feb 13	Richard McGinnis	Feb 20
Darlene Safransky	Feb 01	Kathy Hayden	Feb 13	Monica Dunnum	Feb 20
Deanna Gamelin	Feb 01	Nancy Honert	Feb 13	Lynda Laudonio	Feb 20
Debra Gitzlaff	Feb 02	Rae Ann Ostenberg	Feb 13	Karen Falkenstern	Feb 21
Michael Sacco	Feb 02	Patricia Schultz	Feb 13	June Salb	Feb 21
Jim Hanson	Feb 02	Lori Hartkopf	Feb 13	Joy Carter	Feb 21
Theresa DiCello	Feb 03	Juan Hernandez	Feb 14	Jim Lalonde	Feb 22
Lori Higgins	Feb 03	Arnold Zillmer	Feb 14	Kathleen Wilson	Feb 22
Helen Rodrig	Feb 03	Donna Bailey	Feb 14	Margaret Van Boven	Feb 22
Jim Grant	Feb 04	Joseph Mrazek Sr.	Feb 14	Kathleen Savaglio	Feb 22
Eloda Birch	Feb 05	Mary Frances Chachula	Feb 15	Richard DeVries	Feb 23
Phyllis Holcomb	Feb 05	John Kavalauskas	Feb 15	Gerald Wilcoxon	Feb 23
Judy Wade	Feb 05	Michelle Smith	Feb 15	Mary Jo Anderson	Feb 23
Patsy Klein	Feb 05	Kent Cairo	Feb 16	Ron Karaway	Feb 24
Sara Jane Khoury	Feb 06	Phyllis Fonk	Feb 16	Jean Schultz	Feb 24
Lynn Kortright	Feb 07	Keith Lehrke	Feb 16	Sheila Shema	Feb 24
Karen Douma	Feb 07	Frances Maxwell	Feb 16	Elinor Barber	Feb 24
Julie Mengel	Feb 08	Robert Bastian	Feb 17	Kathy Edwards	Feb 24
Nancy Stoebe	Feb 08	Darlene Korpela	Feb 17	Janice Grady	Feb 24
Holly Renner	Feb 08	Florence Kowalczyk	Feb 17	Mary Beth Drechsler	Feb 25
Dan Brandes	Feb 09	Colleen Sandt	Feb 17	Terri Henkes	Feb 25
Julie Harmon	Feb 09	Richard Caya	Feb 17	Nancy Cairo	Feb 25
Chris Ainslie	Feb 09	Diane Istvanek	Feb 18	Pamela Brown	Feb 25
Vi Pataky	Feb 10	Audrey Paul	Feb 18	Judith Reynolds	Feb 26
Diane Boheen	Feb 10	Toni Wojtak	Feb 18	Laurie Oettel	Feb 26
Virginia Rustia	Feb 11	Eileen Schlosser	Feb 19	Cleta Skovronski	Feb 26
Virginia Westman	Feb 11	Thomas Schmidt	Feb 19	Clinton Beth	Feb 27
Norma Murphy	Feb 12	Cathy Schwaiger	Feb 19	Gary Kovacs	Feb 27
Judy Engelbrecht	Feb 12	Wendy Bastian	Feb 20	Thomas Richards	Feb 27
Julia Leo	Feb 12	Jeanne Becker	Feb 20	Christine White	Feb 27
Jeanne Meyer	Feb 12	Antonia Loyola	Feb 20	Ruth Rossman	Feb 28

Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.



SUDOKU

Sudoku Puzzle #2



6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
					2			1
		2	8		3		7	
							4	5
1	6	3						2

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DIFFICULTY: ★★☆☆

The answer to this puzzle is on page 23

2024 Special Events and Trips

Thurs. February 15, 2024	-	Fireside Theatre: Jersey Boys
Fri. February 16, 2024	-	Valentine's Dance
Fri. March 15, 2024	-	St. Patrick's Day Dance
Spring 2024 (tentative)	-	Gambling Trip
Fri. April 12, 2024	-	Fireside Theatre: Fiddler On The Roof
Fri. April 26, 2024	-	Kentucky Derby Dance
Fri. May 17, 2024	-	Spring Dance
Thurs. May 23, 2023	-	Fireside Theatre: Beautiful: The Carol King Musical
Fri. June 21, 2024	-	Summer Dance
June 2024 (tentative)	-	Brewers vs Cubs Game
Summer 2024 (tentative)	-	Kenosha Kingfish Ballgame
Fri. July 12, 2024	-	Fireside Theatre: Nunsense—A Musical Comedy
Thurs. Aug 8, 2024	-	Kenosha Senior Center: Annual Picnic
Fri. September 20, 2024	-	Dance
Thurs. October 17, 2024	-	Fireside Theatre: Rocky The musical
Fri. October 25, 2024	-	Halloween Dance
Sat. Nov. 9, 2024	-	Kenosha Senior Center: Holiday Craft Fair
Fri. November 15, 2024	-	Thanksgiving Dance
Fri. November 22, 2024	-	Fireside Theatre: Miracle on 34th Street
Thurs. December 5, 2024	-	Woodfield Mall: Holiday Shopping Trip
Fri. December 6, 2024	-	Kenosha Senior Center: Deck the Halls Party and Cookies , Cocoa and Carols Party
Fri. Dec. 13, 2024 (tentative)	-	Kenosha Senior Center Christmas Party
Fri. December 20, 2024	-	Holiday Dance

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!
Additional Trips may be added Check monthly for updates.

Kenosha Senior Center

GROUP FITNESS CLASSES

Get Active Stay Healthy!

Call the Senior Center a 262-359-6260 with Questions

Total Body Conditioning *with Denise*

Tuesday at 11am & Thursday at 9am

Fee: \$2.00 per class

This strength training class incorporates body weight resistance along with hand weights and resistance bands to achieve a total body workout. Exercises are designed to increase muscular strength & endurance with flexibility balance & core work for the perfect workout.

Chair Yoga *with Denise*

Monday at 1pm

Fee: \$2.00 per class *NEW PRICE*

This class involves a series of seated and standing postures to improve balance, increase strength, lubricate joints and increase mobility. Movements are connected with breath work, to calm and focus the mind. The class ends with a quiet meditation.

Exercise *with Jessica, Heather & Jordan*

Monday, Wednesday and Friday at 9am

Fee: \$1.00 per class

This class combines safe stretching and strengthening exercises designed to increase muscular strength, range of motion and activity for daily life. Exercises are performed while seated.

Tai Chi *with Trish*

Tuesday at 9:45am

Fee: \$3.00 per class

Tai Chi is a gentle Chinese martial art that involves fluid, choreographed movements. It's an effective exercise for seniors because it is low-impact and can be performed anywhere. Join this class and improve your balance, coordination, flexibility and overall quality of life.

Cardio Drumming Class *with Denise*

Fridays at 10:30am

Fee: \$20.00 for a 10 week session

NEW SESSION: January 19-April 19, 2024

This session is sold out. See Denise for drop in options

Low impact workout that helps drum off pounds and relieve stress! This fun class uses exercise balls and sticks choreographed to music. Strengthen stabilizer muscles, improve endurance and enhance overall fitness. The class is done standing but can be modified for a seated workout. Space is Limited.



Junk Journal Crafting

Thursdays from 9:00am-Noon

What is a Junk Journal?

Part journal, part scrapbook and part art project.

Every junk journal is a unique handmade book, made up of recycled and up-cycled materials.

FREE—Just bring your own supplies

Not sure what to bring? Stop by any Thursday and meet the group. They can help you with supplies.

Senior Athletic Passes

These passes are good for entrance into Kenosha middle and high school home athletic events for this school year. Members of the Kenosha Senior Center may receive one FREE pass each year. Non-members may purchase a pass for \$5.00 each.



Support Our Student Athletes!

Passes available at the Kenosha Senior Center

Drum Circle Party FREE Kick Off Event With Heather Poyner



Friday, February 23rd at 1pm

Ever want to be part of the band, literally?
Well, here's your chance!

In this interactive drum circle, participants create in-the-moment musical masterpieces using hand drums, tambourines, shakers and African bells.

Drum teacher and facilitator, Heather Poyner, will lead group music with rhythm suggestions and the opportunity to "just make it up as we go along". No previous musical experience needed. Fun guaranteed!

Come Drum With Us!

Call the Center at 262-359-6260 to Sign Up



For more details about the Drum Party, find Heather on Facebook, or call her at 262-914-9352.

Open Ballroom Dance

Wednesdays at 10:30am

This group meets on Wednesday mornings to socialize and dance. Everybody is welcome! No partners needed. Singles, couples, beginners, intermediate or advanced. There is no fee. This is open dance time for anyone interested in ballroom dancing. It's a great way to meet new people, dance and socialize.



Closing the Senior Center Due to Inclement Weather

When the Kenosha Unified School District closes all schools due to inclement weather, the Kenosha Senior Center will also be closed and no lunches will be served.

Listen to local area news or visit the Kenosha Unified Schools website at www.kusd.edu for school closing announcements.

You're Invited!



**ELVIS PARTY
AT CEDARHURST
SENIOR LIVING**

(8351 Sheridan Road, Kenosha)

Friday, February 9, 2024

1pm-3pm

Cedarhurst Senior Living and
The Kenosha Senior Center are
partnering for a
FUN 50'S PARTY
with entertainment by
Elvis!



Wear Your Best 50's Outfit

Call the Center at
262-359-6260
to Sign Up



Kenosha Senior Center Memberships

For anyone at least 55 years old (or the spouse of a current member, if you are under 55)

Join Today

Current Membership
2023-2024 Memberships Run From
July 1, 2023 thru June 30, 2024

Membership Form

You can pick up a form at the Senior Center or find one online at
www.kusd.edu/seniorcenter

Membership Card

Renewing Members: You already have your white *Forever Card*
No return envelope is needed.

New Members: A card will be given to you when you turn in your registration form.

Membership Payment

Fee: \$12.00 per year for those in the KUSD boundaries, \$50 if you live outside the boundaries and \$12 if you moved outside the KUSD boundaries and have a current membership (grandfathered in at the \$12 rate).

Questions? Call 262-359-6260



New Addition to
the Newsletter

Kandy's Korner



Information, reminders and other news about our Senior Center you might not know or have forgotten!

This week's topic: **Membership Card**

****Make one of your New Year's Resolutions to scan your Membership Card every time you come to the Center!**

Scanning your card each time helps us in many ways:

1. Security: we know who is here in the building
2. Which classes/events are attended and most popular
3. We can send out a broadcast to attendees
4. Quick access to statistics for grants the Center might apply for.

*If you are uncertain how to sign in with your card, please see someone at the front desk. You are able to sign in for multiple classes/events if you are here for more than one. Only one sign in a day is needed.

Thank you!!!



Writing For Fun New Year Kick Off Tuesday, February 27, 2024 from 10am

Have you always wanted to write but didn't know where to start or never had the time? Are your children begging you to "write it down"? Well, here is your opportunity! If you like to write — or want to try — consider joining the Writing For Fun Group. Here's your chance to experiment with writing poetry, plays, short stories, essays and the stories from your life. Prompts are given in class or you can use your own imagination. It's a great way to remember, document and pass on favorite memories and history from your past.

Join us for the Writing For Fun New Year's Kick Off and learn more about the group. No prior writing experience is needed. All levels are welcome. Join the group and meet new friends! You will be encouraged, supported and inspired by others who are also trying to find their writing "voice".

Call the Center at 262-359-6260 to sign up.



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Mechele Lewis
Licensed Agent**

*Humana helps take the mystery out of
Medicare Advantage*
262-278-8708 (TTY: 711)
mlewis58@humana.com

Saxony Manor Apartments

A Mercy Housing Senior Community
Rent Based on 30% of Income
1850 22nd Ave. Kenosha
262-551-9005 (TTY: 711)

Dickow Cyzak Tile Co.

Bath & Flooring Showroom since 1968
Bath Remodeling, Walk-In Showers, Grab Bars
(262) 694-9777 - Hwy 31 & Hwy 50



Monthly Funnies



What month is best for coffee?
Feb-BREW-ary

Who always has a date on Valentine's Day?
A calendar

What did the love-obsessed candle say when it was lit?
I found the perfect match!

Why did the magnet hit on the refrigerator?
He found her to be very attractive

What did one piece of toast say to the other?
You're my butter half!

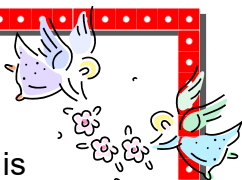
What's the most romantic ship? Courtship

In Memoriam

Our deepest sympathy is
extended to the family & friends of

Shirley Dworak & Christel Hart

And all who have recently suffered a loss.
Our hearts, thoughts & prayers are with you.



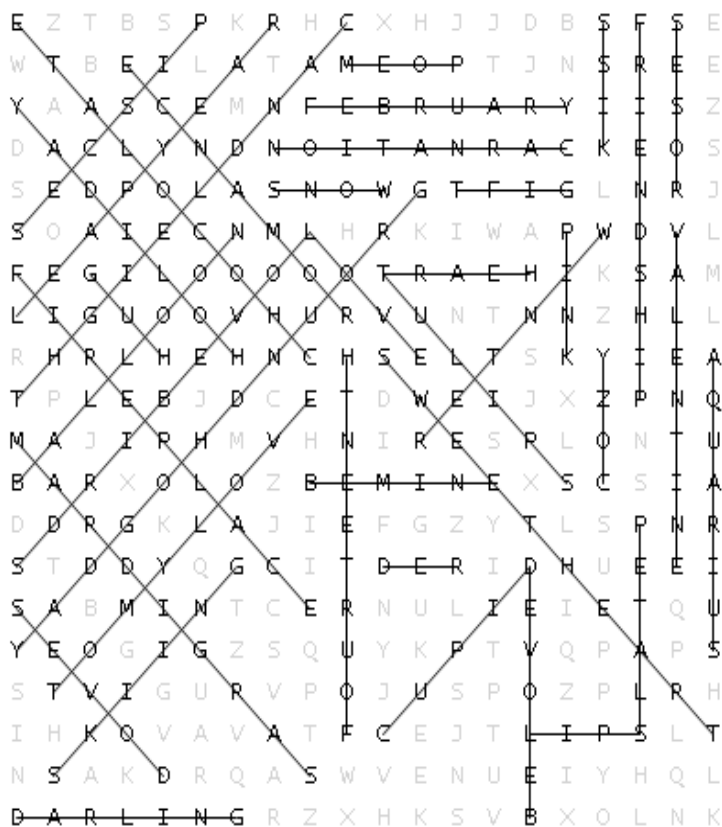
Kenosha Senior Center Newsletter:
February 2024 Published Irregularly

Kenosha
Senior Center
2717 - 67th Street
Kenosha, WI 53143



Member Wisconsin Association
of Senior Centers

Answer to the Word Search from page 12



Answer to Sudoku Puzzle #1 on page 13

7	5	4	3	8	9	1	2	6
1	6	8	7	4	2	5	9	3
2	9	3	5	6	1	4	8	7
5	4	1	6	3	8	2	7	9
6	2	9	1	7	4	8	3	5
8	3	7	9	2	5	6	1	4
3	1	5	8	9	6	7	4	2
9	8	2	4	5	7	3	6	1
4	7	6	2	1	3	9	5	8

Answer to Sudoku Puzzle #2 on page 17

6	5	8	7	3	1	4	2	9
9	3	4	6	2	5	7	1	8
7	2	1	4	8	9	5	6	3
2	9	7	1	5	8	6	3	4
3	1	5	9	6	4	2	8	7
4	8	6	3	7	2	9	5	1
5	4	2	8	9	3	1	7	6
8	7	9	2	1	6	3	4	5
1	6	3	5	4	7	8	9	2

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to our
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2024**